

# Health *counts!*

## Uniform Medical Plan's Rewards Program for Good Health Habits

### Welcome to the Sixth Issue of Health Counts!

Learn how you can earn \$30 when you take the Health Counts eHealth Survey, and get interesting news and information on good health habits and behaviors.

### How to Earn Your Rebate

Just taking the eHealth Survey is worth 40 points, but the survey also gives you credit for your healthy habits and preventive care screenings. If your survey results don't add up to the 100 points needed for the \$30 rebate, you can return to your Health Counts scorecard any time you adopt another healthy behavior. To take the survey, go to the Health Counts homepage at [www.ump.hca.wa.gov/healthcounts](http://www.ump.hca.wa.gov/healthcounts) and click on "Log Into Health Counts and Take the eHealth Survey."



## Health Counts Anniversary Issue

### What's New, What's Better, What's a Whole Lot Easier

Uniform Medical Plan's Health Counts wellness program passes its one-year anniversary this summer, and thousands of UMP enrollees have helped make it a strong first year by taking the eHealth Survey and earning their \$30 rebate. Along the way, participants also gave something back to the program by providing valuable feedback. We listened to those comments and suggestions to improve the eHealth Survey and scorecard.

### *Here are some highlights from the changes you'll see this summer:*

- A simplified login to your UMP online medical account, so it's easier to access and register for Health Counts.
- Streamlined links to the eHealth Survey from your online medical account.
- The ability to change your answers while you're taking the survey.
- Access to your scorecard throughout the year even after you've earned the rebate, so you can track your progress toward eating better, exercising more and getting preventive care exams. (Access starts with surveys taken after July.)
- The ability to keep the same password you use to set up your online medical account. Your password no longer expires after 180 days.
- More detailed feedback, including information about your body mass index (BMI).

So if you've tried to take the Health Counts survey before but something stopped you in the process, we hope you'll give it another look. If you're coming back for your 2007 health assessment, let us know what you think. You can reach us at 1-800-762-6004 with any questions or comments.



## Not for Supermodels Only

You don't have to be model-thin or an Olympic athlete to earn your \$30 Health Counts rebate. A little extra weight doesn't disqualify you, if you earn points from healthy activities like eating plenty of fruits and vegetables and exercising at least 30 minutes a day three times a week. You can even get points just for knowing important facts about your health status, including your cholesterol levels and blood pressure, even if those numbers are less than perfect.





### Tell Us Your Health Counts Story

Sharing your success can help motivate others. Has participating in Health Counts helped you to include more healthy behaviors into your lifestyle? How did you do it? What motivated you to start a new exercise program or healthy eating routine? What keeps you going? Just click "Share Your Story!" on the Health Counts Web site at [www.ump.hca.wa.gov/healthcounts](http://www.ump.hca.wa.gov/healthcounts).

### Did You Know?

All UMP enrollees, including spouses and children over 18, can earn the \$30 rebate too. Plus, you and eligible family members can take the eHealth Survey every year!

If a medical condition keeps you from earning the rebate, call UMP at 1-800-762-6004, and we'll help you find another way to qualify.

## Counting Calories?

### These Foods Can Help You Lose Weight

When trying to slim down or maintain a healthy weight, food can seem like the enemy. But that depends on the food.

What you eat can help you lose weight, or keep off the extra pounds in the first place. Foods with plenty of fiber, high water content, or lean protein help you cut back on calories and still get a balanced diet that supports your overall health.

**Foods with insoluble fiber:** These foods help you lose weight by giving you more volume per calorie so you feel full faster and don't risk overeating. Choices include high fiber cereal, whole wheat bread, wheat bran, couscous, barley, sunflower seeds, fruits, and vegetables.

**Foods with soluble fiber:** These foods affect your weight by moving slowly through your digestive system and making you feel full longer. You also get the benefit of stable blood sugar levels,

which play a role in controlling hunger and cravings. Choices include green peas, chickpeas, kidney or pinto beans, oatmeal, apples, and strawberries.

**Foods with high water content:** Just like drinking a glass of water before sitting down to eat helps you eat less, so do foods with plenty of water built in. Choices include watermelon, leafy greens, tomatoes, cucumber, mushrooms, grapefruit, and cantaloupe.

**Foods with lean protein:** Staving off hunger and feeling satisfied longer after a meal also works when you eat foods high in lean protein, which requires more digesting than fats and carbohydrates. Choices include chicken or turkey breast, canned light tuna or salmon in water, egg whites, crab, shrimp, tofu, low-fat dairy, and lentils.

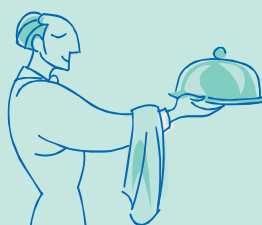
| Every Bit Counts!   | Health Counts Points |
|---|----------------------|
| Eating five ½-cup servings of fruits or vegetables a day (for at least 6 weeks) | 20                   |

## Healthy Eating on the Road

### Try These Strategies for Eating Right During Summer Travel



- Keep a cooler in the car to store healthy meals prepared at home.
- Mix dried fruits such as apricots, cranberries, or raisins with high-fiber cereal flakes for a healthy snack even when you don't have milk.



- Buy portable foods to snack on during the drive including baby carrots, celery, single-serving containers of apple sauce or low-fat yogurt, unsalted nuts, and seeds.
- Keep plenty of fruits on hand that travel well, such as bananas, apples, pears, grapes, and plums.
- Fill a thermos with cold water or other low-calorie beverage. It will keep for hours.

## Got Sun? Get Safe!

What we love about summer—warmer temperatures, warmer waters, and more hours of sunshine—can also impact our health. The following suggestions can help you keep it safe this summer.

### In the Heat

Drink up! Our bodies need more water in summer, particularly during strenuous exercise. You'll know you're running low when your urine is dark yellow, instead of pale. Staying hydrated also helps you stay cooler and feel more energized in higher temperatures.

### In the Water

Stick to lakes and pools staffed by lifeguards for the safest swimming. Make river swimming safer by never swimming alone, choosing sites with calm, deep pools, and avoiding potential hazards such as eroded or undercut banks along the shore. Washington State's Department of Health recommends life jackets when swimming in rivers because of the increased risk. Be aware that a river that looks calm may have currents moving much faster under the surface.

Hypothermia in summer sounds unlikely, but the condition presents a year-round threat in some areas where the water stays cold. Keep an eye on your companions. If you observe just one of the following symptoms—shivering, stumbling or stumbling, weakness, or changes in

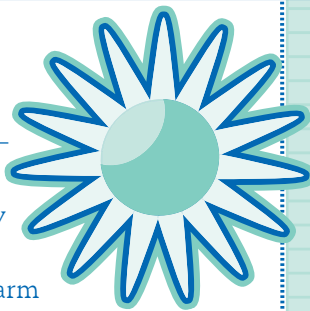
mental functioning—get the person out of the water, into dry clothes, eating some food and drinking warm fluids.

### In the Sun

Check your sunglasses for UVB *and* UVA protection. Most brands provide protection against UVB but both types of ultraviolet light contribute to loss of vision. Damage from the sun's UV rays starts during childhood can lead to retinal damage and cataracts later in life.

Use a high SPF sunscreen. If you're not sure what SPF (sun protection factor) to use, remember that this number refers to how long you can safely stay exposed to the sun without burning. Sunscreen with an SPF 15 means it will take 15 times longer to get a sunburn than if you had no protection at all. So if you burn after 10 minutes in the sun, an SPF 15 sunscreen will give you 2½ hours of protection. But sunscreens wear off easily, so even if you use a higher SPF, it's best to reapply every two or three hours.

**Note:** Be extra vigilant about using sunscreen when taking ibuprofen (Advil, Motrin). This drug makes your skin more sun-sensitive.



### Ask UMP

Got a question about your UMP health coverage? You can get answers on UMP's Web site using our online search tool. You can even submit questions to customer service if you don't find the information you need. Look for the search box on the upper right corner of the UMP home page at [www.ump.hca.wa.gov](http://www.ump.hca.wa.gov).

## It's Okay to Be a Quitter

If you've tried to quit smoking but started again, you're not alone. Many smokers make multiple attempts before they finally quit for good. That's why UMP covers enrollment in the *Free & Clear* smoking cessation program (1-866-784-8454) as many times as you need, even more than once in the same year. UMP also pays 100% of the cost of the quit-smoking drugs recommended by your *Free & Clear* counselor, including the

new drug Chantix. So, if at first you don't succeed, try, try again.



## Counting Calories

### (The Ones You Burn)

Want to know how many more calories you burn from a power walk compared to pushing a power mower? Find the answer using the online fitness calculator at [www.shapeup.org](http://www.shapeup.org). From the homepage, click "Shape Up!" then click "Resource Center" on the left. The Physical Activity Calculator appears on the next screen. According to the calculator, a person weighing 160 lbs. burns five calories a minute walking 4.5 miles per hour and five calories a minute using a power mower. That same 160-lb. individual could burn a lot more playing soccer (eight calories per minute) or doing in-line skating (nine calories a minute)!

### Did You Know?

Smokers can earn the \$30 Health Counts rebate just for enrolling in the *Free & Clear* program and taking the eHealth Survey!

## Inside

- Summer Safety Tips
- Foods to Help You Lose Weight
- Calculate the Calories You Burn



**Earn 100  
points with  
Health Counts,  
and we'll send  
you \$30!**

**Health Counts**  
[www.ump.hca.wa.gov/healthcounts](http://www.ump.hca.wa.gov/healthcounts)  
on the web

*What people are saying about*

## Health counts!

"This survey is a great teaching tool! It's short and sweet, easy to understand and to the point. I get paid to stay healthy. WOW! What a great incentive."

"While I have been working out and am currently losing weight (40 pounds and counting), the survey pointed out to me areas I need help in, such as paying more attention to my fruits and vegetables!"

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Washington State Health Care Authority

**Uniform  
Medical Plan**  
Your health. Your plan. Your choice.

